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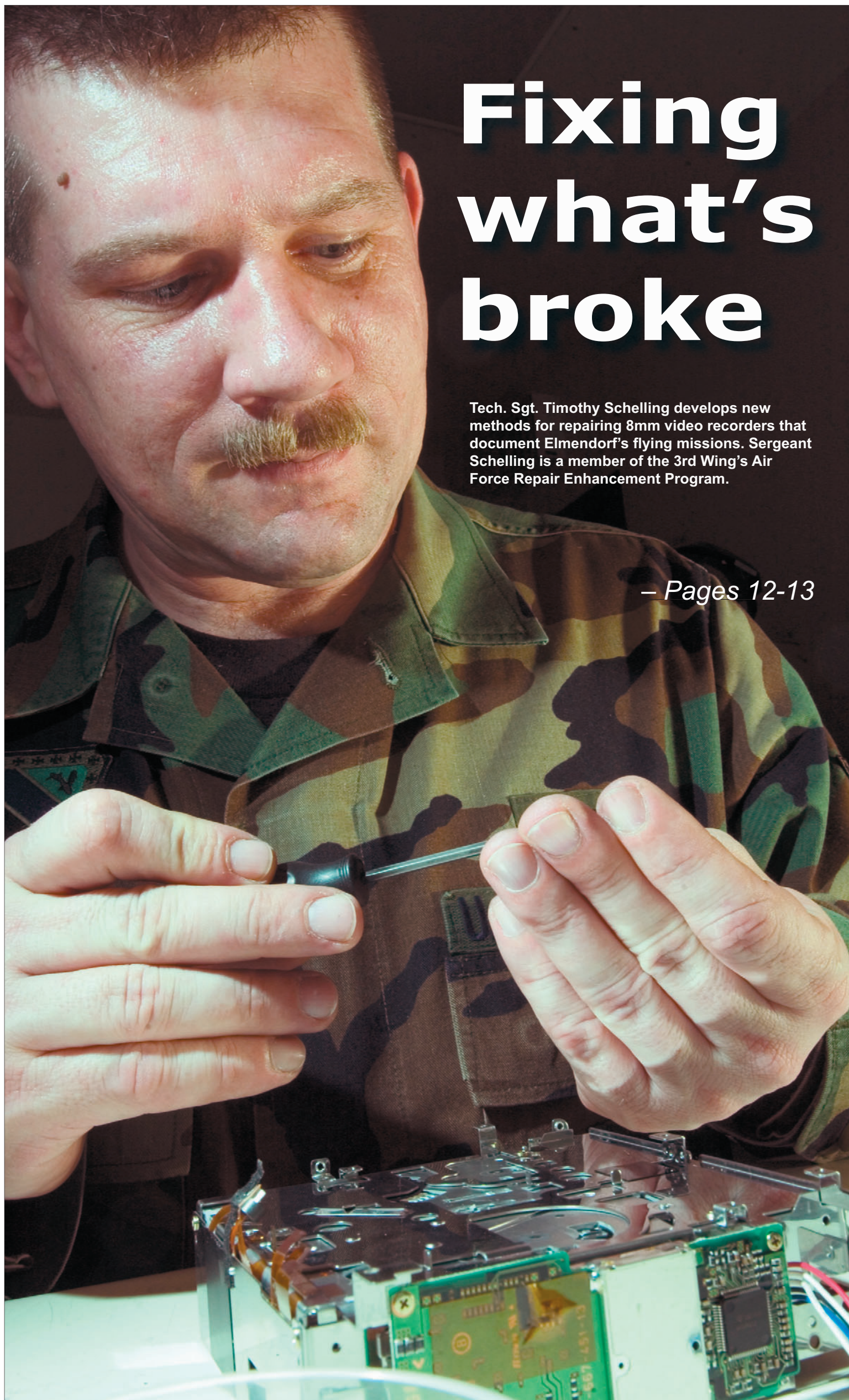
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Fixing what's broke

Tech. Sgt. Timothy Schelling develops new methods for repairing 8mm video recorders that document Elmendorf's flying missions. Sergeant Schelling is a member of the 3rd Wing's Air Force Repair Enhancement Program.

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PHOTO BY TECH. SGT. KEITH BROWN

Welcome

Col. Michael Arceneaux accepts command of the 3rd Maintenance Group from Brig. Gen. Hawk Carlisle, 3rd Wing commander, during a ceremony Feb. 22. Colonel Arceneaux is a 22-year veteran of the Air Force. The 3rd Maintenance Group is responsible for component, equipment, aircraft, maintenance and munitions support for F-15C/D, F-15E, C-130, C-12 and E-3 aircraft and maintenance operations to support the 3rd Wing, 11th Air Force, Alaskan Command and Alaskan NORAD Region.



Brig. Gen. Hawk Carlisle
3rd Wing commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done? The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Hawk Carlisle. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

552-2224
actionline@elmendorf.af.mil

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

Key phone numbers:

- Col. Mike Hass, 3rd CES/CC
552-3007
- Lt. Col. David Aupperle, 3rd SVS/CC
552-2468
- Lt. Col. Brett Meyer, 3rd SFS/CC
552-4304

Commander clarifies deployment leave policy

Q:Can a squadron commander's policy override the wing commander's policy?

It is my understanding that the wing policy for permissive leave for members who have been deployed starts after the member goes through their reintegration process.

However, I work with the 3rd Mission Support Squadron and our commander, for whatever reason, decided not to go by your policy letter and determined that the member's permissive leave begins immediately after returning. This does not seem fair for half of a squadron that deployed for 120 days.

If you could clarify for me how

a squadron commander can override the general's wing policy, I would greatly appreciate it.

A:The 3rd Wing Redeployment Action Plan was designed to ensure all deployers receive equitable accommodation after returning from deployment.

Mission permitting, deployers are allowed one day recovery, attend the RAP within two to five days, and are afforded 14 days decompression time off.

The PACAF Recovery Policy letter states that 14 days is the maximum allowable time off following a deployment.

To maintain a fair program, while

accomplishing mission requirements, the 3rd MSS commander ensured every member returning from deployment received 14 calendar days of decompression time. For example, in one case in particular, the first day RAP was available was not until day seven of the member's return due to a wing down day, the weekend and unavailability of RAP. If the returnee began the 14 days off after RAP, there would have been a total of 21 days off. That is not the intent of the policy.

I expect my squadron commanders to determine how wing policies and instructions are best applied to meet their mission requirements and maintain equity for their members. I support his judgment in this case.



3rd Equipment Maintenance Squadron Crash Recovery Crew quickly responded to an exercise input of a C-12 mishap during the Pacific Air Forces Inspector General Emergency Management Exercise. The crew set up and assisted the fire department and security forces to control the entry control point leading into the crash site. Additionally, they remained on scene working until a forklift operator removed the aircraft. Their actions combined with a pristine crash trailer and exceptional programs earned the PACAF/IG distinction of "Best Seen to Date."

1st Lt. Kathryn Jones, 3rd Operations Support Squadron, Weapons and Tactics Flight, completely reorganized and cataloged more than 10,000 pages of electronic and paper records which improved the mission effectiveness of the wing weapons and tactics shop. Lieutenant Jones also provided outstanding instruction on the diplomatic, informational, military and economic situation surrounding Operation Plan 5027 to officers involved in 3rd Wing verification.

Senior Airman James White, 3rd Communications Squadron Information Systems Flight training manager, tracked training for more than 130 flight members. His expertise was instrumental in flight Unit Compliance Inspection preparations and the flight training program for five Air Force Specialty Codes and eight work centers. The flight's program was lauded by the 3rd CS inspectors. Airman White is also an outstanding computer technician, often called upon to assist other flights and squadron leadership.

Sourdough Sentinel

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For more information, call the *Sourdough Sentinel* office at 552-2493 or 552-8941, e-mail: sourdough.sentinel@elmendorf.af.mil, fax us at 552-5111, or write to us at: 3rd WG/PA, 10480 22nd St. Ste. 119 Elmendorf AFB, AK 99506

Elmendorf Moment in History

March 3, 1943:



The 3rd Bomb Group participated in the Battle of the Bismarck Sea, sinking or damaging 16 Japanese ships bringing personnel and materiel to Lai, New Guinea, and proving that airpower could destroy a naval force at sea.



28 captains earn gold leaf

The major promotion list was released Thursday. These captains were selected for promotion:

Cheri Andersen, 611th Air Communications Flight
 Scott Belanger, 11th Air Force
 Michael Clark, Detachment 1, 353rd Combat Training Squadron
 Kyle Anderson, 962nd Airborne Air Control Squadron
 Orbelin Arreola, 962nd AACS
 Robert Bearden, 3rd Logistics Readiness Squadron
 Matthew Brenner, 517th Airlift Squadron
 Ty Bridge, 962nd AACS
 Jeffrey Donnithorne, 90th Fighter Squadron
 Jennifer Goldthwaite, 3rd Comptroller Squadron
 Craig Hinkley, 517th AS
 Michael Julaton, 517th AS
 Steven Lindquist, 3rd Mission Support Group
 Vicki Lumley, 3rd Medical Operations Squadron
 Brian Moore, 3rd Aircraft Maintenance Squadron
 Albert Nieves, 3rd Operations Support Squadron
 Leo Noyes, 962nd AACS
 Timothy Porter, 3rd Wing Chapel
 Justin Scott, 3rd Operations Support Squadron
 Travis Sjostedt, 517th AS
 David Slaydon, 12th Fighter Squadron
 Laura Taylor, 517th AS
 Stephen Taylor, 90th FS
 David Unruh, 12th FS
 Samantha Weeks, 12th FS
 Thompson Wofford III, 3rd Operations Group
 Matthew Henry, Air Force Band of the Pacific
 James Skelton, 381st Intelligence Squadron

Internet chat leads to confinement, discharge

By Lt. Col. Michael T. Halbig
 3rd Wing Public Affairs

An Elmendorf NCO was sentenced to three years confinement, reduction to airman basic and a dishonorable discharge in court-martial proceedings here Feb. 23.

Staff Sgt. Brian Malone, 3rd Operations Support Squadron weather forecaster, pleaded guilty to 21 specifications of violating two articles of the Uniform Code of Military Justice while being found not guilty of three other specifications.

The charges stem from numerous Internet chats Sergeant Malone had in 2004 with federal agents and other adults posing as underage girls, as well as with at least one underage girl.

He pleaded guilty to charges that he was involved in indecent communications with, and transmitted indecent images to a minor over the Internet. He also plead guilty to possessing child pornography, and violating specific federal laws by attempting to use a "means of interstate commerce" to transmit obscene images to a minor via the Internet and attempting to entice a minor to engage in unlawful sexual activity via the Internet, said Capt. Charles Hebner, 3rd Wing Legal Office and one of the Air Force prosecutors in this case.

The means of interstate commerce used to violate the federal laws were an interactive computer service and a computer-generated Web site on the Internet, according

to the charge sheet.

Sergeant Malone was found not guilty to charges of attempted sodomy with a minor, attempted carnal knowledge with a minor and attempted indecent acts with a minor because his actions were deemed by the court to be mere preparations for committing an offense, not an actual criminal attempt, said Capt. Hebner.

A local citizen noticed some of this criminal activity and reported it to the federal authorities, said Maj. Thomas Spring, Detachment 631, Air Force Office of Special Investigations commander at Elmendorf. Agents with the U.S. Customs Service contacted and worked closely with AFOSI when they realized the subject of the investigation was an Air Force member. The joint investigation that followed resulted in these charges being brought against Sergeant Malone, an almost 10-year Air Force member.

"This case was a great example of the military justice system at its best," said Captain Hebner. "The government conducted a thorough joint investigation and as a result we were able to put on a strong case where Sergeant Malone was convicted of 21 violations of the UCMJ. He was also acquitted of three other violations by the military judge in the case, which shows that the accused truly had his day in court."

"The important thing here is that through this joint investigation and successful prosecution, a spider is now off the Web and on his way out of our Air Force."

Readers provide Sourdough Sentinel feedback

Compiled from staff reports

The results are in. Team Elmendorf members think the *Sourdough Sentinel* is, overall, a vital source of base news.

The 3rd Wing commander asked people to give their thoughts about the base newspaper.

"This survey is important because I want to ensure you are getting the best possible information about Elmendorf Air Force Base in a timely manner," said Brig. Gen. Hawk Carlisle. "This survey will help me gauge your thoughts on this vital communications tool."

Nearly 800 surveys were randomly sent out in mid-December to active-duty and civilian members. People could also self-elect to complete the survey online if they didn't receive a paper version of the survey. In the end, 280 people responded for a 36 percent return rate. Of those who returned the survey, 16 percent were civilians, 66 percent were enlisted and 18 percent were officers.

People were asked to rate the quality and quantity of the stories and photographs published in the newspaper. This is what they thought:

■ 79.64 percent of those responding said they read the base newspaper



per occasionally.

■ 58.74 percent said the *Sourdough Sentinel* is easy to understand.

■ 53.36 percent said the newspaper keeps them fully informed about events happening on base.

■ 51.80 percent surveyed said the stories in the *Sourdough Sentinel* are timely and up-to-date.

■ 63.68 percent think information in the *Sourdough Sentinel* is accurate.

People also rated how much information is published on 28 topics ranging from Air Force leadership to Air Force Policy and housing to base crime. In every case, more than 50 percent rated the paper satisfactory or above, and in all but four cases the

percentage was greater than 67 percent. The five areas readers named as best were personnel recognition, promotions, base services, Air Force leadership and sports. On the other hand, the five lowest rated areas are retirement benefits, recruiting and retention, drawdowns, financial news and Air Force doctrine.

Using a scale of 1-10, where 1 meant "extremely unsatisfied" and 10 meant "extremely satisfied," readers' opinions tied at 7 and 8 as to how satisfied the *Sourdough Sentinel* kept them informed.

People also had the opportunity to leave comments and 76 people did. More than 10 of those com-

ments were complementary of the paper and recognition of people. Of the others, they dealt with desires for more coverage (blotter/crime, sports, aircraft technology, maintenance, civilian recognition, advertising, local stories, children's activities, letters to the editor, officer discipline), less coverage (fewer ads, fewer pictures, "leadership propaganda"), better and more action lines and having an electronic version of the paper.

If you have a comment about the *Sourdough Sentinel* or to learn more about the newspaper process, call 552-2493 or e-mail sourdough.sentinel@elmendorf.af.mil.

Patient safety priority for 3rd MDG

The 3rd Medical Group celebrates Patient Safety Awareness Week Sunday-March 11.

This is a national campaign for improving patient safety in military and civilian hospitals throughout Alaska and the nation. As part of an ongoing effort, 3rd MDG staff will focus on communication.

Communication is a process in which information is exchanged by individuals. This happens in many different ways in the hospital. During appointments, patients talk to their provider about their illness. Their provider may speak to other providers about tests needed or different medicines. If patients are admitted to the hospital, the provider talks to them, their family and the nursing staff about the plan of care. Sometimes providers might “hand off” care to another provider, such as a specialist. When that happens, important information is shared between the people who provide the care.

The Department of Defense has developed a program to help hospital staff communicate more effectively. This program is called TeamSTEPPS — Team Strategies and Tools for Effective Performance and Patient Safety. Different tools are presented that will train staff how to share important information.

Another program developed by DoD helps staff provide important information during a “hand off.” “I Pass

the Baton” reminds staff to provide accurate and complete information when care is turned over to another provider. They also learn how to gather important information about the patient. The staff member taking over care is encouraged to ask questions if something is not clear. The outcome of these two programs is better communication among the staff as well as safer care for our providers and patients.

The provider depends on patients to be important members of the health-care team. They must remember to share information about their current illness, including medications they are taking. They should know the name, strength and reason for each medicine that has been prescribed for them, as well as any over-the-counter items such as cold medications or herbals, like ginkgo biloba.

During Patient Safety Week, medication logs will be available in the hospital lobby for patients to pick up and write down what they currently take. Patients should review this list with their provider and remember to always carry the list with them in case of an emergency.

For more information regarding TeamSTEPPS training or patient safety-related issues, call Carole Durrant, 3rd MDG patient safety manager at 580-3086.

(Courtesy of the 3rd Medical Group)



PHOTO BY STAFF SGT. JASMINE REIF

Safety check

Staff Sgt. Daron Hollingsworth, 586th Expeditionary Logistics Readiness Squadron embedded security forces member, ensures an electrical power switch is turned on, which allows the necessary air supply to get to the brakes of a line haul tractor. All the Airmen help out with various jobs around the unit, but Sergeant Hollingsworth’s main job is providing security for the convoys into Iraq. He’s originally from Tulsa, Okla., and is deployed from Elmendorf. He’s deployed in support of Operations Iraqi and Enduring Freedom and operations in the Horn of Africa.

Maintaining human weapon systems

By Master Sgt. Tommie Baker
3rd Wing Public Affairs

Using checklists, performing pre-flight inspections, following technical data ... these type tasks are nothing new to servicemembers. The services spend millions of dollars ensuring we are ready to defend the United States and its allies at a moment's notice.

One weapons system often overlooked, but easily the most important, not to mention readily accessible by all of us, is ourselves, said Maj. Jennifer Halter, 3rd Medical Operations Squadron and Community, Agencies, Resources and Education Team chairperson.

The CARE Team consists of members from the Chapel, Family Advocacy, Family Support Center, Life Skills, Health and Wellness Center, 3rd Mission Support Squadron Family Member Support Flight, Alcohol and Drug Abuse Prevention and Treatment, Drug Demand Reduction Program, Armed Services YMCA, Sexual Assault Prevention and Response Office and principals from the Aurora, Mt. Spurr and Orion Elementary schools and the Mt. Illiamna Special Education School.

"The importance of fitness and medical readiness cannot be overemphasized. The prevalence of technology, the characteristics of the modern battlefield, and decreased mobilization times demand that Soldiers be fit and medically ready. The battlefield of the 21st century is dispersed, austere, mobile, and filled with advanced weapons systems that require skilled Soldiers. These factors significantly increase the effect individual casualties have on a weapons system's overall combat effectiveness," wrote U.S. Army Gen. Burwell Baxter Bell III, Army chief of staff, Europe and 7th Army, in a letter to commanders in 2004. General Bell is currently the U.S. Forces Korea commander.

General Bell outlined how he felt the "human weapons system maintenance" program should be similar to other weapons systems maintenance programs. The program linked medical readiness information to the unit status reports, showing a unit's status and what needs to be done to improve that status.

Major Halter and the CARE Team are approaching the care of Airmen in much the same manner.

Echoing the thoughts of General Bell, Major Halter said, "Most people in the Air Force understand that our aircraft, weapon systems, and vehicles require preventive maintenance. We need to maintain our equipment so it doesn't break down

when we need it. "Human beings are the same. Human beings need preventive maintenance to ensure they are in good repair and available when we need them. The problem is that we don't perceive self care as preventive maintenance. We also don't often connect the lack of preventive maintenance to the human weapon system breaking. When a human weapon system malfunctions, we perceive it as an individual malfunction rather than a lack of preventive maintenance or the effect of systemic problems in which that human weapon system is functioning."

CARE member contact numbers

- Family Support Center, 552-4943
- Chaplains, 552-4422
- Family Advocacy, 580-5858
- Life Skills, 580-2181
- Health and Wellness Center, 552-2361/9959
- Family Member Support, 552-4828
- ADAPT, 580-1793
- DDRP, 552-9839
- ASYMCA, 552-9622
- Sexual Assault Response Coordinator, 551-2033
- Aurora Elementary School, 753-6223
- Mt. Spurr Elementary School, 753-9225
- Orion Elementary School, 753-2151
- Mt. Illiamna Elementary School, 753-8235

The foundation of the approach is a community capacity model. "We're building community resilience through community capacity," she said. "If we can increase the ability of the community to take care of its needs, we're going to find results in safety, health and well-being, personnel preparedness, sense of community and family adaptation."

Safety, health and well-being are things people address all the time. However, what are personnel preparedness, sense of community, and family adaptation?

"Personnel preparedness is getting people out the door and also supporting our family members so the family feels linked with the base community. In turn, the deployed spouse can complete the mission with greater peace of mind, knowing the family has resources back home," she said.

Targeted outcomes of the Family Advocacy Program also include personnel preparedness, geared toward "assisting individuals, families and couples with interpersonal relationships and the responsibilities of parenting. Preventing or resolving personal problems results in higher readiness, less time away from duty, and less distraction while on

duty." Also targeted by FAP is community cohesion, striving for "cohesion within the military community, promotion of command involvement, support for and from interagency partnerships, and the encouragement of the families' interaction and active participation within the community." "A sense of community is the 'wingman' culture ... taking care of one another," said Major Halter.

Family adaptation is helping each other to adjust to being away from home and living in places they've never lived before, she said.

The CARE Team is the formal agency that gets the pulse of the community, she said. "We make recommendations to leadership and seek their approval to enact functions that will allow us to build community resilience through community capacity."

In early 2004, the CARE Team developed Squadron Support Teams, a means of supplementing CARE Team support. The SSTs have taken a much more action-oriented approach in working with members and their families, said Jena Bienia, FSC director.

When the SSTs were first introduced, they were a means to be proactive versus reactive to the needs of the community, said Mrs. Bienia.

She said the goal of the SSTs was to become an integral part of the units, in place at the unit level.

There are currently six SST's on Elmendorf, with a team leader knowledgeable of base helping agency services and activities. Their goal is to get to know squadron leadership in their environment and understand their unique needs and help assess their concerns.

"The SSTs are like the hands and fingers of the CARE Team," said Mrs. Bienia. "The whole body is involved, but it's the SSTs that are reaching out directly into the units."

Information on contacting an SST member is posted throughout assigned units and includes team leader photos.

For ways to help maintain "human weapon systems," go to www.airforcefap.org/afre.asp or www.militaryonesource.com.

The Military OneSource site requires customers to log on by using "military" as the user ID and "onesource" as the password. Military OneSource is available anytime by phone in the United States at (800) 707-5784, internationally at (800) 707-7844.

(Editor's note: This is the first of a four-part series. Subsequent installments will focus on how the CARE/SSTs can help maintain the human weapon system spiritually, physically and mentally, and will run in April, May and June.)



Elmendorf year tabs

The Elmendorf Pass and Registration Office has extended the 2005 tab renewal grace period until further notice due to a shortage of Air Force Registered Vehicle Expiration Stickers.

Once adequate supplies of stickers are received, people needing to renew their year tab must show current proof of insurance and vehicle registration.

The Elmendorf Pass and Registration Office is located in the basement of the People Center.

For more information, call Staff Sgt. Amy Anderson at 552-3202.

Commissary closure

The commissary closes at 5 p.m. Monday and reopens at 10 a.m. Thursday. The commissary staff will replace all the current shelves with new shelves and also change some sections during the closure. For more information, call 580-4863.

Munitions storage area closure

The 3rd Equipment Maintenance Squadron Munitions Flight is closed until Sunday to conduct a 100 percent warehouse inventory.

Account custodians requiring munitions support must process all transactions as an Emergency Issue during this time frame.

For more information, call Master Sgt. Erik Long or Tech. Sgt. Paul Wenzl at 552-4491.

Women’s conference

The second annual Women’s Conference takes place 8:30 a.m.-4:30 p.m. March 10 at the Ft. Richardson Community Education Complex. Lunch is provided. The theme is “Women: Builders of Communities and Dreams.”

People who are interested in participating in the free workshops should call Donna Shock at 552-0370.

Free concert

The U.S. Air Force Band of the Pacific presents the Alaska Brass in a free concert beginning at 3 p.m. March 19 in the Wilda Marsten Theater at the Loussac Library. This family event features the music of American and Canadian composers.

The doors open 30 minutes before show time and no tickets are necessary. A reception will follow the concert. The Wilda Marsten Theater is on the first floor of the Loussac Library located on the corner of Denali Street and 36th Avenue.

For more information, call 552-7591.

Child care openings

The Elmendorf Child Development Program has immediate openings for children 6 months old through 2 years old.

For more information, call the 3rd Services Squadron Resource and Referral Office at 552-7840.

Recipes wanted

New from “The Best of the Best” series, author Karen Tosten is collecting recipes for a new cookbook highlighting Air Force families and their favorite dishes. In addition to the recipes, she’d like to include short stories sharing why they’re special and have meaning and pictures of the families.

People can submit recipes and stories or photos to Capt. Allison Farabaugh at *allison.farabaugh@hickam.af.mil*. For more information, visit *www.quailridge.com*.

HCAC meeting

The Health Consumers Advisory Council meeting begins at 2:30 p.m. Thursday in the Family Support Center. All Elmendorf, Ft. Richardson and civilian organizations are encouraged to send a representative to attend.

This forum is an opportunity for all organizations to articulate views and concerns about the medical group, as well as affording the medical group the opportunity to inform beneficiaries about services and programs offered.

For more information, call Staff Sgt. Dana Butler at 580-6400.

Volunteers needed

Women’s History Month Committee needs volunteers to help read at schools as a part of educational activity throughout March.

If interested in volunteering, call Senior Airman Laura Narvaez at 552-1674 or Airman 1st Class Staci Fisher at 552-4701.

Scholarships

■ The Elmendorf Officers’ Spouses’ Organization is offering \$1,000 scholarships to Anchorage area high school seniors.

Applicants must be children of active-duty or retired military members with at least a 3.0 grade point average.

Applications must be received by March 31 to be considered for selection. Forms are available online at www.elmendorfofoso.com, from high school counselors or the Elmendorf Family Support Center.

For more information, call 622-9332.

■ The Ft. Richardson Spouses’ Club is accepting applications for eligible high school seniors for the 2006 Merit Scholarship Program.

Scholarships are for full-time undergraduate studies during the 2006-2007 academic year. Recipients must be the son or daughter of a servicemember assigned to Ft. Richardson or Elmendorf, or a DoD civilian employed at Ft. Richardson.

Eligible high school seniors or currently enrolled college students may compete for up to five scholarships of at least \$1,000.

Scholarships will be awarded based on academic achievement, personal achievement and community service.

Applications are available at area

high schools and via www.usarak.army.mil/scholarship_application.pdf. Completed applications must be postmarked by March 31.

Call 384-1675 or e-mail cliff.boltz@richardson.army.mil for more information.

Military wildlife conservation agents

The Elmendorf Military Conservation Agent Program is accepting applications from prospective agents until Wednesday.

This program is an opportunity for people considering a career path in Wildlife Enforcement, Forestry, or Natural Resource Protection. Prior experience in outdoor activities and firearms handling is preferred.

Applications are available at the Base Wildlife Museum at 8481 19th Ave. The museum is open 3-4:45 p.m. Mondays-Thursdays and Saturdays, and noon-4:45 p.m. Fridays.

For more information, e-mail Tech. Sgt. Todd Langford at todd.langford@elmendorf.af.mil.

Community assessment survey

The Integrated Delivery System Working Group is sponsoring the 2006 Community Assessment Survey of servicemembers, spouses, reservists, and reserve spouses beginning March 15.

The results of the survey will be used by the base leadership and the Air Force to target resources where they are most needed to enhance the

well-being of the community. Air Force community members at bases worldwide will be randomly selected to participate in the study. A notification letter that includes a link to the Web-based survey will be sent to the work e-mail address of each active-duty member selected to participate (spouses will be sent a letter in the mail with the Web link). Participation is crucial to the success of the project; selected servicemembers are strongly urged to take part.

Feedback needed for new Web site

The Air Force Personnel Center is giving its customers an opportunity to ensure the new AFPC Web site will answer their questions.

The new searchable site is accessible via a link on the current AFPC home page at www.afpc.randolph.af.mil and customers are encouraged to provide feedback as the center continues to develop the site.

This site will be an integral part of the personnel services delivery transformation, which is designed to improve, streamline and modernize the way personnel actions are accomplished.

The new site uses a question and answer format to explain personnel actions and programs and will give AFPC customers an opportunity to provide specific feedback, even after the official launch.

The new site launches March 15.



Chapel Schedule

Catholic Parish

- Monday through Wednesday and Friday Mass: 11:30 a.m. at the Chapel Center
- Thursday Mass: 11:30 a.m. at the Hospital Chapel
- Sunday Mass: 10:30 a.m. at Chapel 1
- Sunday Evening Mass: 5 p.m. at Chapel 2
- Confession: 4:30 p.m. Sundays at Chapel 2
- Catholic Religious Education: 9 a.m. Sundays at the Chapel Center.
- Stations of the Cross begin at 6 p.m. today, March 10, 17, 24 and 31 in Chapel 2 followed by dinner.

Protestant Sunday

- Liturgical Service: 9 a.m. at Chapel 2
- Traditional Service: 9 a.m. at Chapel 1
- Gospel Service: noon at Chapel 1
- Fellowship Praise: 6 p.m. at Chapel 1
- Protestant Sunday School: 10:30 a.m. at the Chapel Center.

For more details, call the Chapel at 552-4422.



PHOTO BY TECH.. SGT.. SHARON BALTAZAR

Senior Airman Brandon Ward

Organization and duty title: 3rd Civil Engineer Squadron Readiness Flight logistics journeyman
Hometown: Chicago
Hobbies: Soccer and playing guitar
Mission contributions: Provides rapid mobilization of well-trained and fully equipped Prime Base Engineer Emergency Force Airmen. Helps protect Elmendorf’s personnel, mission and property from a full spectrum of threats through vigilant planning, training and response.
Time at Elmendorf: Two years, 10 months
Time in the Air Force: Three years, three months
Best part about being in Alaska: The long summer days
Quote from Supervisor: “Senior Airman Ward’s leadership extends far beyond that of a senior airman. His superior talent was evident during the combat skills training, as his logistical support and instruction catapulted the success of CST and subsequently saved lives.” Staff Sgt.. Megan McNeese



PHOTO BY AIRMAN JONATHAN STEFFAN

Senior Airman Kenneth Vanderpool

Organization and duty title: 3rd Security Forces Squadron vehicle NCO
Hometown: Ovido, Fla.
Hobbies: Working on cars and sports
Mission contributions: Ensures the security forces vehicle fleet is operational, maintained to meet the units mission and oversees emergency equipment installation. Provides each vehicle with first responder kits, ensuring all patrols are properly equipped. Investigates vehicle incidents, accidents, abuse and misuse cases. As the flightline driving program manager and vehicle trainer, ensures all 3rd SFS members are properly trained and certified to operate vehicles on the flightline.
Time at Elmendorf: Two years, six months
Time in the Air Force: Three years
Best part about being in Alaska: Fishing
Quote from Supervisor: “Senior Airman Vanderpool is an extremely hard working troop, who devotes himself to his job as much as his family. He has thrived as the new vehicle NCO, completing numerous undertakings as well as reshaping the 3rd SFS vehicle section in the last two months. I’m privileged to have the opportunity to supervise an Airman with such high standards and qualities.” Staff Sgt. Michael Timm

Airmen receive nonjudicial punishment

Article 15s:

An airman with the 3rd Civil Engineer Squadron received a vacation action for being absent without leave for two days. A vacation action imposes a suspended punishment that had been adjudged by a previous Article 15. In this case, his punishment was reduction to airman basic.

A major assigned to Elmendorf drove a vehicle while under the influence of alcohol. His punishment was forfeiture of \$900 per month for two months.

An airman first class with the 3rd Operation Support Squadron negligently damaged government property and left the scene of an accident. His punishment was a suspended reduction to airman basic, forfeiture of \$250 per month for two months with one month sus-

pending, 45 days extra duty with 15 days suspended and a reprimand.

An airman first class with the 3rd Communications Squadron was disorderly which brought discredit to the armed forces. His punishment was reduction to airman and suspended forfeiture of \$200 per month for two months.



A senior airman with the 3rd CS failed to obey a no drinking order. His punishment was a suspended reduction to airman first class and forfeiture of \$100 per month for two months.

Discharges:

An airman basic with the 732nd Air Mobility Squadron was administratively discharged for a pattern of misconduct. The member previously received two Article 15s, one for underage drinking and failing to report for duty at the appointed time; the other for making a false official statement, not showing up for work and underage drinking. The member also received three Letters of Reprimand for various misconduct. The member's misconduct resulted in his general discharge.

An airman basic with the 3rd Equipment Maintenance Squadron was administratively discharged for drug abuse. The member previously received an Article 15 for wrongful use of marijuana. The member's misconduct resulted in his general discharge.





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IS ABOUT SIX FEET DEEP ...**

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IF YOU — OR SOMEONE YOU KNOW —
ARE THINKING ABOUT SUICIDE.

ONE SUICIDE IS ONE TOO MANY

ANG director visits Elmendorf, shares experiences

By Capt. Eric Badger
3rd Wing Public Affairs

Lt. Gen. Daniel James III discussed his thoughts and impressions on being the son of the legendary Gen. Daniel "Chappie" James Jr., the future of the Air National Guard, as well as the people and mission here at Elmendorf.

The director of the ANG visited here Feb. 23-Sunday to greet Airmen and attend the annual African-American Heritage Committee Red, Black and Green Banquet as the guest speaker.

The date of the banquet, Feb. 25, also marked the 28th year since his father's death; however, General "Chappie" James' values and beliefs still live on through his son, according to 1st Lt. Albert Moseley, 2006 Red, Black and Green Banquet Committee chairperson.

"His words on service, perseverance and confidence really moved me," he said. "I appreciate him taking the time to share some words of wisdom with us. I'll be sure to take them with me and apply them where ever I go."

The general said we all must choose what we say and do carefully as our actions and words make us who we are.

"What we do and say is what we become," he said. "The power of excellence has no color or gender, it is what it is."

Growing up under the watchful eye of the Air Force's first-ever African-American four-star general wasn't nearly as intimidating as one would think, said the general.

"As I was growing up, he wasn't General Chappie James, he was just my dad," he said. "He was my disciplinarian, mentor, encourager and supporter."

It wasn't until he was older that he realized his father's stellar leadership abilities, said the general.

"I first realized he was special when he became a squadron commander," he said. "That's when I first recognized the admiration all of

the pilots under his command had for him, and how they responded to him as a leader. I'm glad Dad had the opportunity, skills and destiny to serve at the level that he did because he deserved it."

The general also recalled that giving up was never an option in the James' household.

"One day my father said to me, 'Son, how many commandments are there,'" he said. "I told Dad there were 10 and he said, 'For you there are 11. The 11th commandment is thou shalt not quit.'"

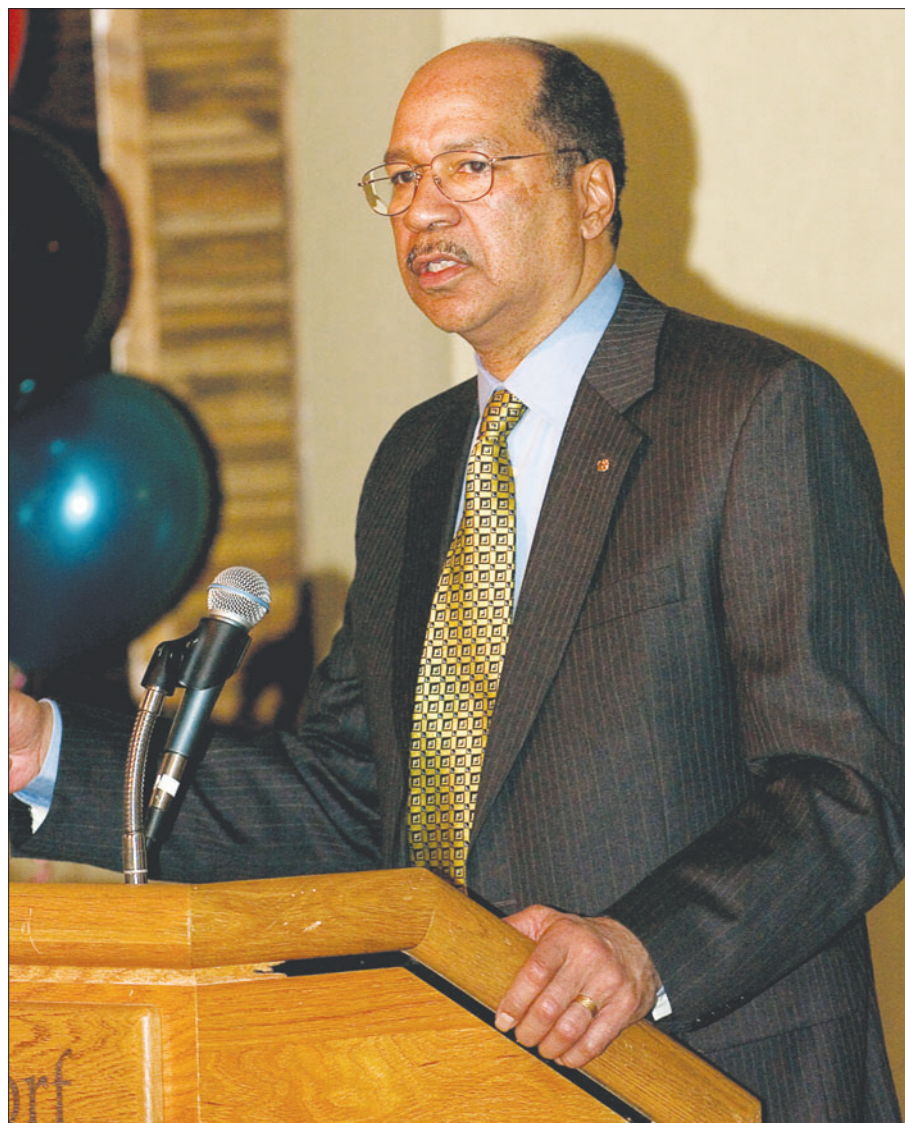
General James' "no quit" attitude allowed him to become the first ANG director to be promoted to three-star rank, and the first African-American to become ANG director.

According to the Vietnam veteran, the Air Force's future requires active duty and guard components to become interdependent upon one another to successfully combat the ever-changing global terrorism threat.

"Alaska military units have great potential to show both unique and timely associations that will come with the F-22A Raptor and C-17 Globemaster aircraft arrival," said General James. "Just as you see the DoD transitioning from integration to interdependence, our service will continue to be a great facilitator. The U.S. Air Force is the leveraging facilitator of so many things that happen around the world, because we are preeminent in two domains, both air and space."

As the Air National Guard director, the general is responsible for formulating, developing and coordinating all policies, plans and programs affecting more than 106,800 National Guardsmen in more than 88 flying units and 200 geographically separated units throughout the United States, the District of Columbia, Puerto Rico, Guam and the Virgin Islands.

He is a command pilot with approximately 4,000 hours in fighter and trainer aircraft. The aircraft he has flown include the T-39, T-37,



PHOTOS BY STAFF SGT. ALAN PORT

Lt. Gen. Daniel James III, Air National Guard director, speaks at the African-American Heritage Committee Red, Black and Green Banquet Saturday.

T-38, O-1E, F-5E, F-4 and F-16. Before becoming ANG director, General James was the adjutant general for the Texas National Guard.

During his nearly 38 years in the military, he said he has never seen the community appreciation and support for the military as high as it is today.

"We are living in a time when communities are so supportive of military members and it's refreshing to see that," he said. "As our nation's not perfect, our military is not perfect. But, we still strive to provide a better level of equity and opportunity than you will find in most organi-

zations. As long as we continue to do that, we will be fine. The minute we stop and assume we're okay because we are the U.S. military, we're going to have problems."

According to the general in his speech, Team Elmendorf has achieved great things in its storied history, but the best is yet to come.

"There are exciting times ahead for Elmendorf," he said. "Pacific Command and Pacific Air Forces will be strengthened by the things Elmendorf will be doing in the future. Feel good about the service you give to your country, we are better because of you."



Members of the U.S. Air Force Band of the Pacific's Alaska Express provided entertainment at the African-American Heritage Committee Red, Black and Green Banquet.



Nathaline Bunton, Shiloh Missionary Baptist Church, sings a musical number during the banquet.

Technicians enhance, repair broken objects



Staff Sgt. Todd Delong repairs burned resistors on a circuit card needed for Aerospace Ground Equipment. Sergeant Delong is a member of the 3rd Wing's Air Force Repair Enhancement Program. The program is designed to enhance wing effectiveness by developing new repair capabilities.

By Staff Sgt. Francesca Popp
3rd Wing Public Affairs

Tucked away in a hangar on base, a team of seven people repair items that would otherwise be thrown away.

The Air Force Repair Enhancement Program team, five military members and two civilians, saved the 3rd Wing and Air Force \$1.97 million in fiscal 2005. They are on track to save the service more than \$2 million in the current fiscal year.

"AFREP enhances the wing's mission effectiveness by developing wing-level repair capability on expendable and otherwise unrepairable items," said Master Sgt. Todd Anderson, 3rd Maintenance Group Quality Assurance Flight and wing AFREP manager. "Aside from enhancing the wing's ability to sustain itself, AFREP leverages the wing's resources to save money on replacement of aircraft parts and other support equipment."

The money the AFREP team saves is divided into two categories, cost savings and cost avoidance.

"Cost savings is money generated from repair of stock-listed items such as aircraft parts, etc. When AFREP turns these serviceable parts into supply, a monetary credit is captured. This money is returned to the wing to augment both fly and non-fly funding," Sergeant Anderson said. "Cost avoidance is anything that AFREP repairs that doesn't capture a supply credit."

In fiscal 2005, team members repaired 740 items. They expect to fix 850 in fiscal 2006.

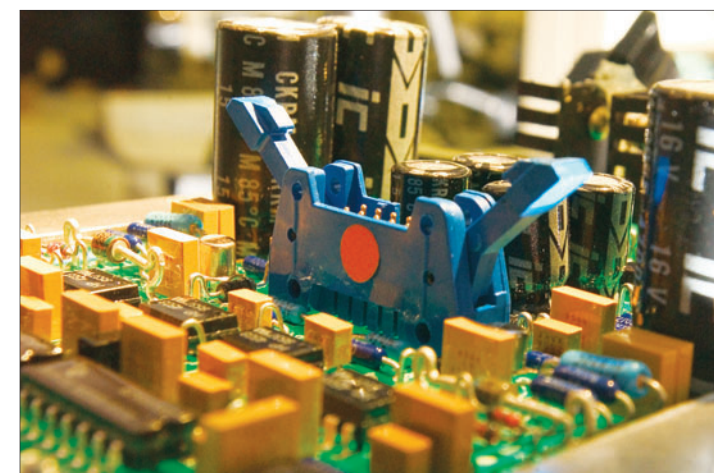
The repair and enhancement program is different from other repair resources available on base. It is the primary repair center for circuit cards. Each technician receives training at Davis-Monthan Air Force Base, Ariz. Once they complete the course, they are certified on high-reliability miniature and micro-miniature soldering techniques.

Staff Sgt. Eric Swafford attended that course and has been a member of the AFREP team since 2003. He repairs electrical and mechanical parts from almost any type of equipment used on base.

He said being a part of the AFREP team gives him a vari-



Staff Sgt. Eric Swafford shows his supervisor, Master Sgt. Todd Anderson, a dual transistor drive circuit card assembly after replacing burned transistors.



A dual transistor drive circuit card assembly rests in a card holder to be repaired. In fiscal 2005, team members repaired 740 items. They expect to fix 850 in fiscal 2006.

ety of work that "breaks up the monotony that you get when you specialize in one area."

The people assigned to AFREP are all volunteers. Sergeant Anderson said each person is "on loan" from various wing organizations. Each person must have a recommendation from their supervisor and interview for a position.

Most of the items the AFREP team repairs are aircraft related. However, the technicians can fix just about anything they receive to help improve Elmendorf's mission.

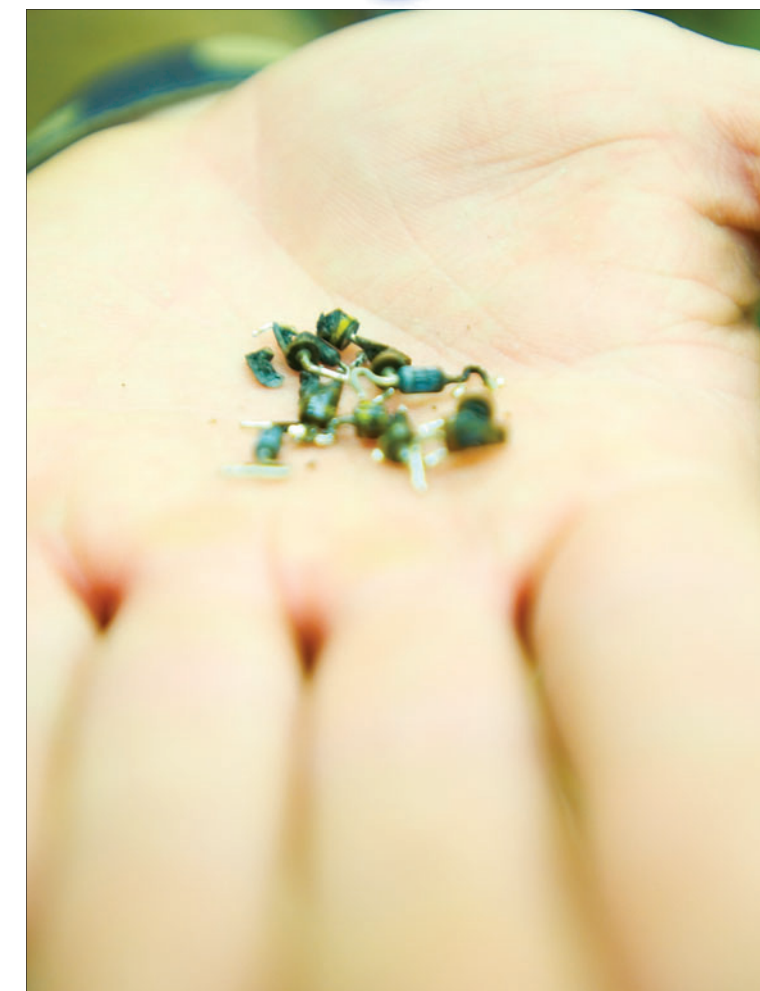
"AFREP has repaired several non-aircraft items that directly improved mission readiness," Sergeant Anderson said referring to dog tag embossing machines that they repaired. "We worked with the original manufacturer to obtain schematics and parts, successfully repairing the first machine for only \$3 and the second for under \$300. These \$25,000 machines would have cost well over \$1,500 each to repair if sent back to the manufacturer."

Senior Master Sgt. David Carlson, 3rd Mission Support Squadron Relocations and Employments superintendent, said the machines are used frequently. The normal wear and tear caused both mechanical and electronic malfunctions.

"It would have cost our squadron several thousand dollars in shipping and repairs. AFREP is right on base, have the technical competence, and made the fixes on all three machines," Sergeant Carlson said.

The AFREP team sets out to fix every item they receive. However, there are times they can't fix an item.

"We occasionally run across items that are both beyond our capability and are not repairable by contractors," said

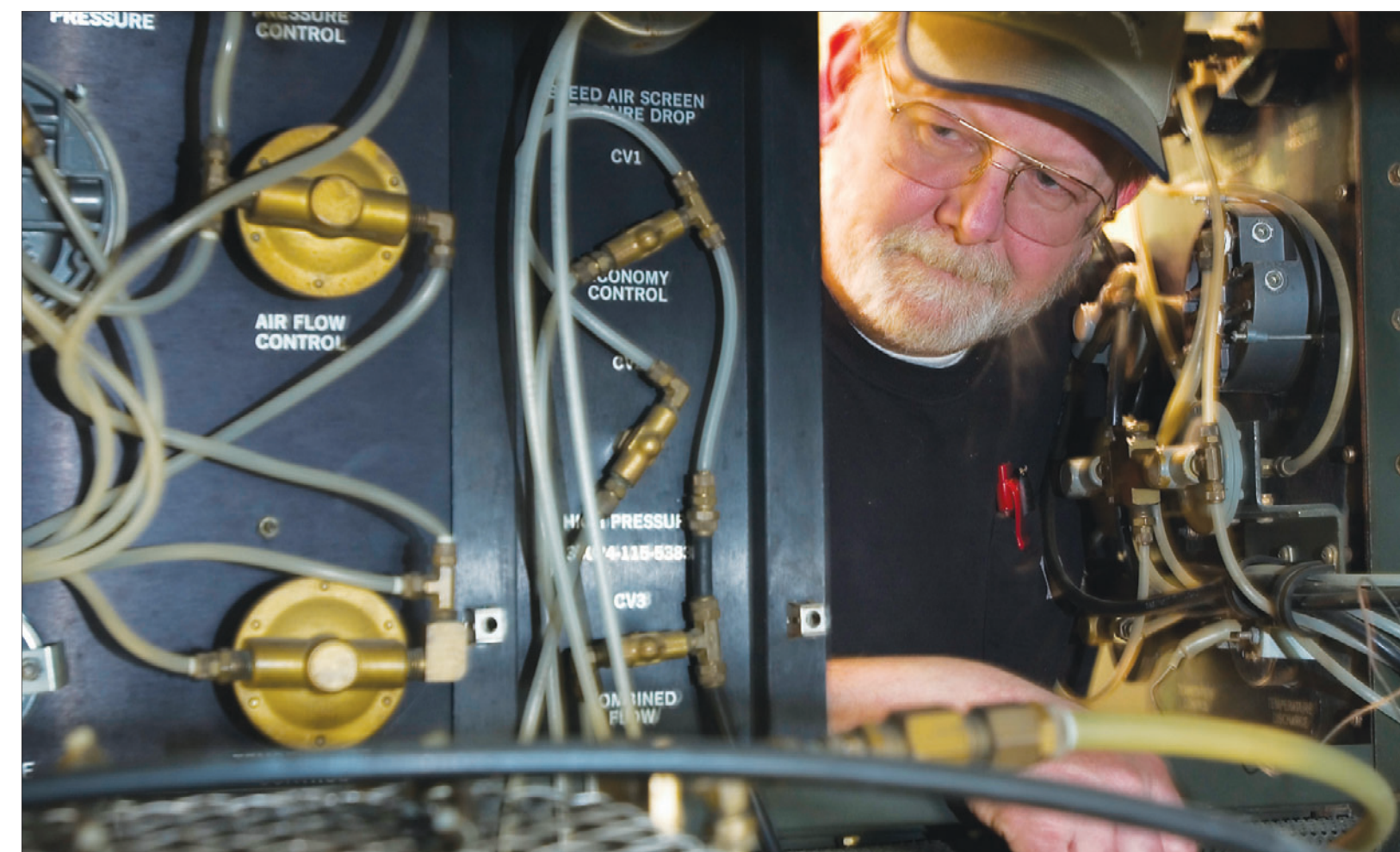


Burned resistors, pulled from a circuit card, are small and delicate pieces that, with aid of microscope technology, help members of the 3rd Wing's Air Force Repair Enhancement Program refurbish expensive and often hard to find AGE equipment.

Sergeant Anderson. "We strive to produce parts that meet or exceed Air Force and/or manufacturer's specifications. If we can't meet that standard, repair is not attempted."

AFREP is an initiative-based program. Potential initiatives can be identified by anyone in the wing. Aircraft maintenance activities can route items through supply via their Combat Oriented Supply Organization or supply representative. Sergeant Anderson said other organizations may call 552-3695 to discuss repair initiatives on specific items that fall under the scope of their program.

The AFREP office is located in Bldg. 16519 and will be relocating to Bldg. 12737 in the coming months.



Bob Landmesser, AFREP Aerospace Ground Equipment technician, inspects an air conditioning unit that is part of power support equipment.

Photos by Senior Airman Garrett Hothan



Services Eaglet

"Telling the Services Story" in daily activities and special events for the Elmendorf community



Registration for Youth Baseball/Softball
ages 5-18

Registration for Mighty Tots Baseball
ages 3-4

Until March 20
at the Youth Center

Ages 5-18, \$55 and must have
current physical on file

Ages 3-4, \$35

All players must be Youth Center members

Interested in volunteer coaching?
Stop by or call the Youth Center
552-2266

YP
youth programs
Air Force Services



St. Patrick's Day Party
8 p.m.
March 17
Kashim Club

Play games and win prizes for not wearing green.
Presented by
Armed Services YMCA.

Give Parents a Break

7-11 p.m. today
1-5 p.m. March 18

Make reservations by
calling Denali Child
Development Center
552-8304

Must have a referral

Boss & Buddy

4:30-5:30 p.m.
March 16
Kashim Club

Compete for large, medium and small squadron awards, trophies and discounts. Make money for your squadron just by showing up.

Today

Give Parents a Break 7-11 p.m. at the Sitka Child Development Center, must have a referral, make reservations by calling the Denali CDC, 552-8304

Celebrate Dr. Seuss' Birthday 7-8:30 a.m., green eggs and ham breakfast for enrolled children, School Age Program, 552-5091

Snowmachine Trip 5 p.m., \$50, Hillberg Ski Area, 552-4527

RC DJ (The Rajun Cajun) 9 p.m.-3 a.m., adults only, Kashim Lounge, 753-6131

Southern Barbecue Buffet 5:30-8:30 p.m., \$8.95 *Members First* price, \$11.95 regular price, children 6-12 eat for \$4.50, Susitna Café, 753-3131

Hula Lessons 4-5 p.m., \$32 per month, ages 4-adult, Arctic Oasis, 552-8529

Night Hoops 8:45-11:30 p.m., Teen Center, 753-2371

Club Member Social Hour 5-6 p.m., adults only, Kashim Lounge, 753-6131 and The Cave, 753-3131

Saturday

Karaoke 9 p.m., adults only, Kashim Lounge, 753-6131

Hip Hop and Jazz Classes

10-11 a.m., \$32 per month, ages 4-18, prior sign up is required, Arctic Oasis, 552-8529

Snowmachine Trips noon, 3 p.m. and 6 p.m., \$50, Hillberg Ski Area, 552-4838

Cross Country Ski Waxing Clinic 1 p.m., Outdoor Recreation, 552-2023

Teen Night at the Cave 7:30-11:30 p.m., located in the Susitna Club, ages 13-18, \$3 Youth Center members, \$5 nonmembers, for details call the Teen Center, 753-2371

Kids Corner "Ceramic Painting" 1-3 p.m., ages 3-10, \$15, Arts & Crafts Center, 552-7012 or 552-2470

Xtreme Bowling 9 p.m.-1 a.m., \$18 includes shoe rental, Polar Bowl, 552-4108

"Bean's Bowls Benefit" 9 a.m. at the Egan Center, annual auction of donated bowls, tickets \$16, Arts & Crafts Center, 552-7012 or 552-2470

Sunday

Sunday Brunch 10:30 a.m.-1:30 p.m., \$16.95 *Members First* price, \$19.95 regular price, \$7.95 for children age 6-12, Susitna Café, 753-3131

Snowmachine Trips noon, 3 p.m. and 6 p.m., \$50 Hillberg Ski Area, 552-4838

Family Xtreme Bowling 1-8 p.m., \$30 for up to six bowlers, shoe rental, one lane for two hours, two pitchers of soda and popcorn, Polar Bowl, 552-4108

Beginner Cross Country Ski Lessons 1 p.m., \$5 or free if skis are purchased or rented for the season from Equipment Rental located inside Outdoor Recreation, 552-2023

Monday

E-4 and Below Special 5-9 p.m., 50 percent off bowling and shoes. If the military member is deployed, their family can still participate, just bring a copy of the orders, Polar Bowl, 552-4108

In-House Registration for Spring Break thru March 10, SAP, 552-5091

Tuesday

Bowler Appreciation Night 5-9 p.m., \$1.75 per game and \$1.75 for shoe rental, Polar Bowl, 552-4108

Yoga Classes 10-11 a.m., \$40 per month, ages 13 and older, Arctic Oasis, 552-8529

Homeschool Program "Stained Glass" 3:30-5:30 p.m. also March 14, 28, April 4, 11 and 18, \$90, ages 11-17, Arts & Crafts Center, 552-7012 or 552-2470

Wednesday

Wednesday Night Madness 5-9 p.m., \$18 per lane, up to five bowlers, shoes not included, Polar Bowl, 552-4108

Preschool Story Hour 10:30-11 a.m., ages 0-5, Library, 552-3787

Take It, Make It Crafts 11-11:30 a.m. featuring make and take crafts or coloring sheets, ages 0-5, Library, 552-3787

Ceramics "Using Fashion Hues" 6:30-9 p.m., \$25, Arts & Crafts Center, 552-7012 or 552-2470

Thursday

Red Pin Bowling 5-9 p.m., get a red headpin strike and receive a free game for each paid game, Polar Bowl, 552-4108

Yoga Classes 10-11 a.m., \$40 per month, ages 13 and older, Arctic Oasis, 552-8529

Morning Coffee Conversation 10:30 a.m., book club for spouses of deployed members, Arctic Oasis, 552-8529

"Trinity Irish Dance" thru March 12 at the Anchorage Performing Arts Center, discount tickets \$20.75-\$38, Information, Tickets & Travel, 753-2378

Celebrating Women’s History

By Capt. Tony Wickman
71st Flying Training Wing Public Affairs

Across

1. Dined
4. Sprocket
7. First director of the Women’s Auxiliary Air Corps
12. Omnipotent being
13. Chanticleer
15. X-Games trick
16. Pilot with 5+ kills
17. Greek island
18. First American-born saint
19. Mission of UAVs
20. First woman to fly solo across Atlantic
22. Nothing
23. Savor
24. Precious stone
27. Earn
29. Adjusted to make suitable
32. Spoken words at military enlistment
36. First woman secretary of a U.S. military branch

37. Taiwan city
39. Corrects
40. First woman astronaut to command a space shuttle mission
41. First woman U.S. attorney general
42. Bahamas capital
43. Decade divisions, in short
46. Bother
47. Woodworking tools
52. MCI competitor
54. First woman member of a presidential cabinet
56. Gun lobby
57. First African-American woman to receive a patent
61. Metric weights
62. Grammy-nominated woman rapper Li'l ____
63. War god
64. Clairvoyants
65. Nickname for 34th president
66. Dutch style of glazed earthenware
67. Concorde, in brief
68. Actor Beatty

ANT		BYE		URSA
L A I D		A E T C		G R O U P
A F A R		S O H O		U N D E R
		E L E M E N T S		
A E F		A M E L I A		M E T
M E L		Y E N		C R O A P E
C L I P O N				T R O J A N
		G S U		L A C
T A H I T I				C A R O L E
O C T		S R I		O L N M O W
Y E S		A N G L E D		S E E
		S Q U A D R O N		
I D E A S		R E E K		N O D E
S O R E S		E L S E		W I N G
S H A W		S T D		L A O

Feb. 24 solutions

1	2	3				4	5	6			7	8	9	10	11	
12					13					14		15				
16					17							18				
19					20					21						
22						23								24	25	26
		27			28					29	30	31				
					32	33	34	35		36						
		37	38							39						
40										41						
42													43	44	45	
46																

Down

1. A fresh
2. A warning
3. First woman to swim the English Channel (1926)
4. 24 Across weight
5. Musical theater
6. Roman Empire invaders
7. Entertain
8. Bullring cheer
9. Classic sandwich
10. Account of a person’s life
11. Desire
13. AF Exec.’s office symbol
14. Tidy

21. Government
24. Alumna
25. Snakelike fish
26. 1550 to Cicero
28. Works hard
30. Heaven
31. Bother
33. Samoan capital
34. Teacher’s status
35. Towel marking
36. Battle
37. Amphibian
38. Too
40. Dr.’s helper

44. First woman elected to the U.S. House of Representatives
45. Hit
48. Large, commodious boats
49. Open ____ military treaty
50. Heaps
51. Shot
53. Domesticated
54. Nuisance
55. Draft org.
57. Gallivant
58. Mining goal
59. Baby or mineral
60. ____ Leppard

SPORTSPAGE

Bowling

LEAGUE STANDINGS

Monday Nite NFL League

Team	Won	Lost	Total Pins
Goat Ropers	109	67	40379
Team 1	107	69	40191
Team 4	106	70	39740
Team 5	97	79	38386
The Good, The Bad, & The Ugly	79	97	39388
Bye	4	20	3600

Elmendorf YABA BANTAMS

Lynx	108	68	11461
Crazy Numbers	102	74	9461
Bowling Bears	94	82	9623
Fast Throwers	80	96	11367
Strikeout	70	106	14416
Wild Angels	54	122	12871

Elmendorf YABA Midnight Sun Majors

Duh Bowlers	102	66	35184
Thrilla	97	71	38824
Fries and a Burgher	93	75	38059
Two for the Road	86	82	33531
No Use for a Name	85	83	32527
We Don't Know	73	95	28870

Elmendorf YABA Yukonite Juniors

Blue Angels	108	60	29838
3 Chimps	60	52	20586
Parental Pains!	86	82	23715
3 & 1	85	83	28988
So What Who Cares	79	89	28109
Strikers	72	96	30920

Elmendorf YABA PREPS

Neon Nite Strikers	127	49	26363
3 Hits and a "Miss"	119	57	25691
Pro Shop	111	65	27560
King Pins	99	77	26813
Tigers	93	75	18692
The Golden Griffins	74	102	16804
The Pin Pals	69	107	18438

Elmendorf YABA PeeWees

(Editor's note: The PeeWees league is non-competitive.)

Team 1	0
Team 2	2254
Team 3	3223
Team 4	2553
Team 5	1853
Team 6	2859
Team 7	529
Team 8	1966

As of Tuesday



PHOTO BY STAFF SGT. ALAN PORT

Kick it that way

Coach Marlin Smith instructs Autumn Tuttle on how to do a soccer exercise. Mighty Tots soccer is an instructional program for 3- and 4-year-old children. Classes take place 10-11 a.m. weekly. The day of the week depends on how many children register. The 69 children participating in the program are taught kicking, passing, running with the ball, stretching, team work and listening to directions. Smith is the Youth Center sports director.



PHOTO BY TECH. SGT. KEITH BROWN

Wearing bib No. 24, Thomas Knolmayer, 3rd Medical Group chief of surgery, mushes off the starting line at the Iditarod restart in Willow, Alaska, in 2005. The doctor will compete in the 1,150-mile sled dog race again Saturday.

Dashing doctor and his dogs

By Master Sgt. Tommie Baker
3rd Wing Public Affairs

The 34th annual Iditarod Trail Sled Dog Race begins at 10 a.m. Saturday at the intersection of 4th Avenue and D Street in downtown Anchorage.

Thomas Knolmayer, 3rd Medical Group chief of surgery, will guide his team for the second year through the nearly 1,150-mile course, roughly the distance between New York City and Orlando, Fla.

The doctor, like last year, is the only active-duty member running in the race.

"It's colder this year than last, which is good for the dogs," he said. "Our training has been better and the entire team is more experienced."

A rookie musher in 2005, Knolmayer finished the race in 13 days, 22 hours, 13 minutes and 25 seconds.

"Our goal this year is to beat last year's time," he said.